Specific Requirements

1. You must record an educational nutrition podcast.
2. Each group member must record one of the three segments.
3. Must discuss the following topics:
   1. The difference between healthy and unhealthy eating habits.
   2. Having the appropriate balance of carbohydrates, fats, and protein.
   3. The strengths, risks, and needs of short-term and long-term health goals.
4. Be professional, use appropriate language and terms.

General Requirements/Ideas

1. Be creative.
2. Make this unique.
3. Incorporate sounds, music, etc.
4. Strive to meet OR exceed proficiency level.

Make sure to review the Product rubric BEFORE creating the product.